



HEALTHWAYS II

67-1185 Mamalahoa Hwy F-37
Kamuela, HI • 808-885-6775

No additional discounts on sale items. We reserve the right to limit quantities. No sales to dealers. Some quantities are limited.

PRICES GOOD 12/01-12/28

DECEMBER SPECIALS



BULK GRAINS
Organic
Rolled Oats
Regular

\$1.99
LB



BULK GRAINS
Organic
Popcorn
Yellow

\$2.85
LB



Immaculate Baking
Organic
Cinnamon
Roll Dough
with Icing
17.5 OZ

\$8.85



Nancy's
Cream
Cheese
Spread
8 OZ

\$5.85



Wildwood Natural
Foods
Organic Tofu
Firm
15.5 OZ

\$4.45



Food For Life
Organic Ezekiel 4:9
English Muffins
Sprouted Grain
16 OZ

\$6.49



Van's
International
Foods
Gluten Free
Waffles
Original
9 OZ

\$4.79



Woodstock
Organic
Frozen
Vegetables
Asparagus
10 OZ

\$5.79



Woodstock
Organic Frozen
Vegetables
Petite Peas
10 OZ

\$3.79

Annie's Homegrown
Organic
Macaroni &
Cheese
6 OZ



\$4.09

Amy's
Organic
Medium Chili
14.7 OZ



\$4.89

Bob's Red Mill
Almond Flour
Super-Fine
16 OZ



\$9.89

Bob's Red Mill
All-Purpose
Flour
Unbleached White
5 #



\$5.29

Bob's Red Mill
Gluten Free
Baking Flour
All-Purpose
44 OZ



\$8.29

Bob's Red Mill
FLOUR, WHOLE
WHEAT
5 LB



\$5.29

SAVE 10% ON ALL NON-SALE ITEMS WITH PURCHASES OVER \$30 EVERYDAY



Cobram Estates
Extra Virgin
Olive Oil
 California Classic
 25.4 FL OZ

\$15.85



Enjoy Life
Chocolate
Morsels
 Dark
 9 OZ

\$7.89



Frontier Natural
Products Coop
Organic Fair Trade
Ground Ceylon
Cinnamon
 1.76 OZ

\$5.75



Frontier Natural
Products Coop
Organic Cinnamon
 1.90 OZ

\$5.49



Frontier Natural
Products Coop
Organic Garlic
Powder
 2.33 OZ

\$6.99



Hu
Dark Chocolate
Bar
 Cashew Butter + Pure
 Vanilla Bean
 2.1 OZ

\$5.15



Mary's Gone
Crackers
Organic
Crackers
 Original
 4 OZ

\$3.59

Rw Knudsen Family
Sparkling Cider
 Crisp Apple
 750 ML

\$4.59



Woodstock
Organic Sugar
 Pure Cane
 24 OZ

\$4.35



Aura Cacia
Essential Oil
 Eucalyptus
 .5 FL OZ

\$4.99



Aura Cacia
Essential Oil
 Patchouli
 .5 FL OZ

\$12.89



Aura Cacia
Essential Oil
 Relaxing Lavender
 .5 FL OZ

\$9.45



Aura Cacia
Skin Care Oil
 Jojoba
 4 FL OZ

\$11.75



Bulldog Natural
Skincare
Men's Shave
Gel
 Original
 5.9 FL OZ

\$6.69

Boiron
Cold Calm
 Homeopathic Cold
 Medicine
 60 TAB

\$10.65

